



Northampton Aquatic & Family Center @ JFK Middle School, Bridge Rd. Florence

Yoga



Relax, renew and stretch out as you learn breathing techniques, gain in concentration, and increase mental clarity in this all level yoga class taught by local yoga instructor, Leigh Bailey. Yoga is said to be the world's most perfect form of exercise; it increases flexibility supports overall lung & organ health, reduces stress and offers deep relaxation.

Spring Session A: beginning April 4, 2007

Spring Session B: beginning May 16, 2007

Day(s): Wednesdays (5 classes)

Time: 6:00 - 7:15 PM

Location: Aquatic & Family Center

Fee: \$40 / \$50 / \$58

*Please Note:
Spring sessions
only 5 weeks*

Fees listed in the order of Member / Non-Member / Non-Member, Non-Resident

Walk-Ins are welcome @ \$10/\$12/\$15 per visit.

****Participants may want to bring their own mat or a blanket to lay over one borrowed from the instructor.***

**Registrations accepted at the AFC @ JFK Middle School Bridge Rd. Florence
Mon-Fri 4-8 PM & Sat and Sun 10-5 (587-1046) or
at the Recreation Dept. Locust St Northampton
Mon-Fri 8:30 AM-4:30 PM 587-1040.**

www.northamptonma.gov/recreation